PICKERING COLLEGE – week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
Breakfast	Daily offering of cereals, fresh fruit, pastries, yogurt/oatmeal bar. Breakfast also includes a variety of hot items, toast & juice					*Saturday & Sunday* The servery is open at 9 am for a cold breakfast offering cereals, fresh fruit, pastries & yogurt. Brunch is served at 11 including a variety of hot items, fresh fruit, yogurt, cereal, toast & juice. *Saturday Dinner* Black Pepper Beef Chow Mein Bok Choy Carrot Slaw Sesame Chicken Sesame Tofu *Sunday Dinner* Coq Au Vin Mashed Potato Chickpea Stew Braised Beef Green Beans Garlic Bread
Lunch	Pork Tenderloin with Cilantro and scallion Warmed tortilla wraps, Fajita vegetables, peppers and onions Served with salsa, sour cream, shredded cheddar cheese	Beef pot roast with red wine broth and pearl onions Reall cream Mashed potato Glazed carrot and parsnip Sunchoke chips	Rigatoni in a basil pesto sauce, sliced Italian chicken breast, garlic bread, Blistered cherry tomatoes and balsamic zucchini, All topped with parmesan and parsley	PC Salmon with Garden Dill Cream sauce White rice Crispy garlic Asparagus, Lemon wedges	Flax seed crusted chicken finger Straight cut French fries Garlic and parmesan Caesar salad Ketchup and Plum sauce	
Melt Station	French bread Beef dip sandwich	Chicken pesto Panini	Italian chopped sub	Sloppy Joes	Pizza Day! Halal Pepperoni Pizza	
PAL Program	The PAL station will strive to offer an egg, dairy and gluten free version of the daily menu including below offered menu alternative. If the daily menu meets any of these standards, then a portion will be available in the allergen-controlled PAL area. We will also offer white rice and chicken breast daily					
Dietary alternative	Grilled chicken breast Corn tortillas Salsa	Dairy free Mashed Potato Vegan steak strips	Gf Pasta Seiten Strips Df/Gf Garlic bread	Tempeh Maple Chili Glaze Chicken breast	Vegan Finger GF Chicken Fingers Df/Gf/Vegan Caesar	
Soup	1. Pumpkin Bisque 2. Chicken Noodle Soup	1. Cream of Mushroom 2. Thai Pork Curry	1. Beef and Barley 2. Potato	1. Sweet potato 2. Chicken noodle	1. Tomato Mac 2. Black bean with lime and pork	
Dinner	Arroz con Pollo Chicken thigh Saffron Rice Red pepper Chorizo sausage	Family Dinner International Cuisine of the Week	Thai Curry Beef Rice Noodle Cabbage Onions peppers	Chicken Pot Pie Diced Chicken thigh Potato, carrot, celery Chicken Gravy	Birria Tacos Wheat Tortilla Corn tortillas Corn Elote Rice & Beans	
Dinner Alternatives	Tofu Rice Noodle		Breaded Chicken Tofu Curry	Beef Pie Gluten free stew Beyond Beef Pie	Chicken Tinga Vegan Steak tips	

We're working hard to provide you with menus that offer a wide variety of options, including tasty options that meet different dietary needs. **We do serve products containing gluten within our facilities, and we caution those with sensitivities that there is always a small possibility of cross*